



Smart Shopping by Bus, Bike or Foot

- Buy less and shop more often. It's a great way to ensure you have fresh food.
- Ask local shops to arrange home delivery for bulky or very heavy items.
- When riding the bus make sure your backpack, shopping bags or packages don't block aisles or overlap into the personal space of other riders.
- If possible, find a walking or biking route that avoids steep hills and busy roads.
- Keep your bicycle tires pumped up to reduce drag and minimize flats.
- Ask a bike shop to evaluate your bicycle and tell you what loads you can safely carry.
- Use a good bicycle lock and take your valuables into the store with you.



Whether you're shopping for clothing, groceries, gifts, or household supplies, there are lots of ways to get to your favorite store. Have you considered all of your transportation choices?



Metro Transit Information

Ride a bus to your favorite store.

How to Reach Us

Rider Information	206-553-3000
TTY	206-684-1739
Customer Service	206-553-3060
TTY	206-684-2029
Bus Time	206-287-8463
Pass Sales	206-624-7277
Lost & Found	206-553-3090
Carpool/Vanpool	206-625-4500
TTY	206-684-1855
Community Relations Hot Line	206-684-1146
Alternative Formats Available	206-684-2046
TTY	206-684-2029

Metro Online	http://transit.metrokc.gov
Trip Planning	http://tripplanner.metrokc.gov
Rideshare Online	http://www.rideshareonline.com



Department of Transportation
Transit Division

Sales & Customer Services

Produced by Metro Transit in partnership with:



Thank you to Travelsmart, Dept for Planning and Infrastructure in Western Australia for permission to recreate this brochure.

Alternate Formats Available

206-684-2046 (voice) 206-684-2029 (TTY)

Shop by Bus, Bike or Foot



We'll Get You There



Is Driving Really Your Best Option?

When it's time to shop, many of us just grab our car keys and go. But that's not your only option—and it may not be your best choice. Taking the bus, bicycling and walking are all great ways to pick up the items you need in between major shopping trips by car. Here's why:

- **EXERCISE:** Life is busy. Why not combine healthy physical activity with your shopping trip? Biking and walking are both great ways to get the 30 minutes of physical activity we all need every day. That short walk to your bus stop is good for you!
- **COMMUNITY SUPPORT:** When you shop near your home or work, neighborhood stores appreciate your business. Your support makes it possible for them to offer you even more product choices.
- **ENVIRONMENT:** Fewer cars on our roads mean less traffic congestion, noise and pollution, as well as safer streets.
- **PARKING:** Finding a place to park your car can be a hassle at many retail locations. Getting there by bus or on foot eliminates the problem. If you ride your bicycle, bike racks are often right outside the door.
- **MONEY:** Driving is expensive and high gas prices are just the beginning of the story. When you consider all the costs of owning and operating a vehicle, the average cost of driving a typical five-year-old car is more than 49 cents per mile. (Costs for a new car are more than 56 cents per mile.)

Take the Bus

Metro Transit buses serve neighborhood stores, shopping districts, and malls all over King County. Whether you're shopping for baked goods in Ballard, funky finds in Fremont, sporting goods at Southcenter, or designer threads downtown, Metro will get you there.

Shopping on the weekend? Buy a day pass on Saturday, Sunday or holidays and you can ride Metro all day for \$2.50. On Sundays and holidays up to 4 children age 17 and under ride free when riding with a customer paying an adult fare.

Metro buses are clean, comfortable and convenient. The cost is a fraction of what you would pay to drive. Take the bus and leave the hassles of parking behind. And, your shopping bags are welcome on board. Get to your favorite shop by planning your trip online at <http://tripplanner.metrokc.gov>. Or, for expert help planning your shopping spree call Rider Information at 206-553-3000.



Walk and Shop

Got some comfortable shoes and a backpack? Walking is one of the best ways to shop at local stores. It's a healthy choice and gives you a view of the neighborhood that you just can't get when you're whizzing by at 35 mph.

Backpacks, Waistpacks & Courier Bags

These bags are an excellent, low-cost option for moving small, light loads. They are easy to carry, can be taken into the store, and most carry up to 10 pounds of weight.

Shopping Carts

If you have a larger load, there are many carts on wheels designed for shoppers on foot. They look like tall baskets made of fabric and/or heavy gauge wire. All are designed to stand upright for easy loading and many fold for storage.

Ride Your Bike

Biking is a healthy, enjoyable way to travel and Metro Transit helps you get the most out of biking throughout King County. Extend the distance you can travel with your bike by linking up with a bus. Cycle to a nearby park-and-ride, store your bike in a locker, and bus the rest of the way to your destination.

Every Metro bus has a bicycle rack that can accommodate two bikes. No special permit or extra fare is required. Visit <http://transit.metrokc.gov>, click on "Travel Options" and then select "Bike" for details about Metro's many bike programs and services. And remember, bicycle helmets save lives and are required by law.



Bicycle Baskets & Bags

Baskets and bags attach to your bicycle or a rack. Baskets are open to the elements and easy to pack. Bags, called panniers, open and close more like luggage, are weatherproof, and attach to your bike rack. A bicycle with baskets and/or panniers can carry a week's worth of groceries (up to 20 pounds in the front bags and 30 pounds in the rear bags) without being difficult to pedal on relatively flat roads. Talk to your local bike shop to find out about accessories to shop by bike.



We'll Get You There